



Drill Library

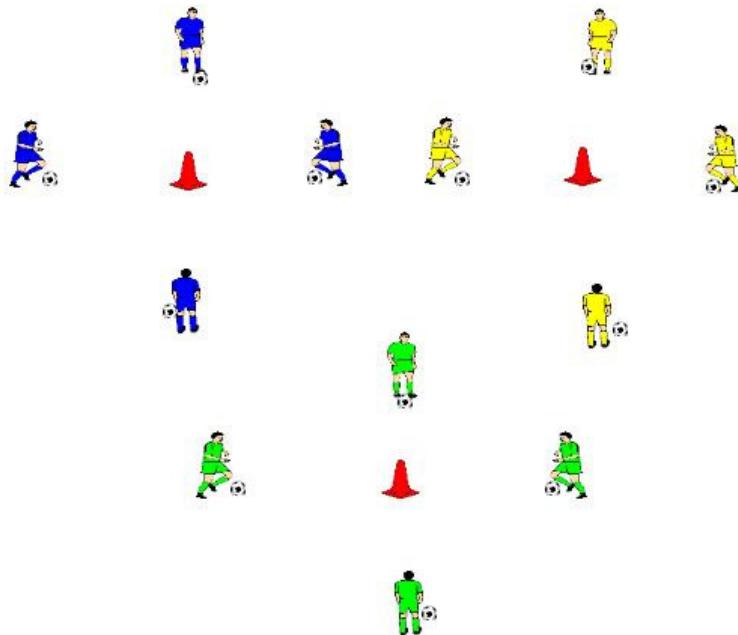


Drill Name: 1 v 1 Movement

Topic: 1 v 1

Exercise Purpose: Learning the movements

Diagram:



Description: Players are split into groups of four, each player has a ball. Players start facing each other, in pairs two yards apart, jogging on the spot. On the coach command players perform 1 v 1 move and finish up on the opposite side of the cone.

Progressions: Use both Feet, Add dribble to cone before move

Coaching Points: Correct execution